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with three nurses, and investigate the typhus problem and give relief. At Gevgeli, fourteen out of eighteen of our people had been stricken with it; Dr. Donnelly had already died.

To Dr. Kirby Smith and Miss Lehman, Miss Lofving and Miss Watson, the latter coming down with the disease three weeks later, we owe a debt of gratitude for their untiring work at this time, helping us to fight this deadly battle. We had 900 Serbians, typhus cases alone, in the hospital. Miss Smith and Miss Kerrigan had been added to our own list of sick, making four nurses and two doctors. Dr. Magruder had come up from Gevgeli with three nurses for our relief, but had to go to bed on his arrival with a temperature of 102°. Next morning his temperature was 104°. He died on the eighth day. Dr. Ryan's bulletin was sent to the Crown Prince every morning, his temperature, pulse, respirations and his condition.

Gradually our people were restored to health once more. Warm weather set in and broke up this disease, due to overcrowding and filth. There remained about 200 convalescing typhus patients in the hospital when we left in June. Ten nurses came back, including the four post-typhus cases. Dr. Ryan still remained at Belgrade with five doctors, as also does Miss Gladwin with twelve nurses.

We joined Sir Thomas Lipton's yacht, the *Erin*, at Salonique, making a delightful trip to Naples; from there we took an Italian steamer homeward, after many months spent in a country among people who love the American sisters and will long remember our efforts to alleviate their sufferings.

At Nish, Dr. Soubotitch, vice president of the Serbian Red Cross, asked us to convey to Miss Boardman, and through her to the American Red Cross, his people's many best wishes and heartfelt thanks.

THE TRAINED NURSE AS A MOTHER

By MARY MANGAN DURKIN, R.N.

Denver, Colorado

I have often been asked whether my training as a nurse helped me in the management and care of my children and I answer decidedly, Yes. In my case it has been invaluable, it has meant success; and as I am the mother of seven children, I know whereof I speak.

My children are perfect, physically and mentally; they are well-poised, happy youngsters, with no tendency to bad traits of any kind. I know this is due to my knowledge of physical and mental hygiene. With the exception of measles, they have escaped the diseases of child-

hood. I understand food values and I always give them simple, nourishing food.

My husband's salary is not large, so I have to practice economy. I find that Indian meal mush, cooked in a double boiler for four hours on the previous day and heated in the morning, makes a good staple diet for breakfast. I give the children their principal meal at noon. Macaroni, rice, beans (baked or boiled), and apple sauce are on their diet list. I almost always give them well-cooked potatoes at noon. I give them a light, nourishing supper. They rarely need a laxative; their diet, with regular habits, is sufficient.

I encourage my children to drink plenty of water between meals and, as a routine practice, each child drinks a glass of water before going to bed. The result is that I never have to get up at night to wait on them. Their stomachs are never overloaded and they sleep soundly. All this applies, of course, to the children over fifteen months of age. The youngest baby sleeps well, but he wakes early in the morning; his health is perfect. I brought up the four youngest children on the bottle and used a hygeia bottle and nipple. They never vomited or showed any signs of stomach trouble. Of course my hospital training taught me the care of bottles, nipples, etc.

Another point I learned in my training is that a contented child is a healthy child, so I have always provided plenty of toys, tricycles, swings, etc. We have a large yard and the children have a barn and several little play-houses. They develop their individuality and amuse themselves while I am doing my work.

My training taught me to practice self-control, so when I found that another little life was dependent on my stability for its future, I tried and always succeeded in making it welcome in my heart. I believe that a darling baby that is wanted is blessed with a sunny disposition.

I have never overworked when it would have been harmful, even if it meant unscrubbed floors; if I suffered from fatigue, I rested for ten minutes. My children were healthy when born and that is half the battle. I never had a colicky baby, because I protected their bowels and made no mistakes in diet.

My hospital experience has enabled me to decide between the essential and the non-essential and it has certainly helped me to render first aid for the minor accidents which are part of every-day life in a large family.

Another thing I practice, thanks to my training, is the conservation of energy. My children hardly ever lose any nervous force in crying, for I tell them if they cannot control themselves, they may go where they

will not annoy the rest of us. I find if there is no audience, there is no cry.

My own health at present is perfect, thank God. I take the best care of it, for I think a healthy mother is a successful mother.

In conclusion, I will say, unhesitatingly, that without my training I would be what so many women in my circumstances are, a tired, worn-out, broken-down mother, perhaps with a hopeless outlook, having no strength to meet the requirements incidental to the care of a large family. Instead, I am in perfect health and I hope I have a brilliant future before me. I can see life from all angles and, if God spares me, I expect to render a great service to our country by giving to the race a group of normal, cheerful men and women. I wish all women contemplating matrimony were fortunate enough to enter our ennobling profession.

PUBLIC HEALTH IN SPRINGFIELD, ILLINOIS

"Public Health in Springfield, Illinois," by Franz Schneider, Jr., a report which, besides giving a careful analysis of the Springfield situation, contains up-to-date and readable discussions of the various public health problems that confront American communities. Those engaged in public health administration or teaching, and sanitary engineers, will find in it much of special professional interest. Social workers and the laity may gain from it a clearer understanding of what the new public health can and should do; while municipal authorities will find it helpful in deciding the difficult question of what funds the health department should be allowed and what reasonably may be expected of it. To those contemplating a public health survey this report may be recommended as typical.

The report is 159 pages in length, is indexed, and is illustrated with 14 maps, 38 charts and 27 photographs. The chapter headings are as follows: Life Wastage in Springfield; Fundamental Facts Regarding Springfield; Infant Mortality; Contagious Diseases of Children; The Springfield Tuberculosis Situation, by Dixon Van Blarcom—Extent of Tuberculosis in Springfield; Existing Agencies for the Control of the Disease; Suggestions for an Adequate Campaign; Where the Responsibility Lies—Typhoid Fever; The Venereal Diseases; City Water Supply; Sewerage and Sewage Disposal; Wells and Privies; Milk Supply; Food Supply; Other Sanitary Conditions; Springfield's Public Health Service; Summary and Conclusions; Appendices. (Published by Department of Surveys and Exhibits, Russell Sage Foundation, 130 East 22d Street, New York. Price, 25 cents.)